

In the Claims:

Claim 1 (original): A method for making a customized sole insert comprising the steps of:

selecting an insert from a selection of inserts having various sizes, widths and arch heights, said insert comprising:

a bottom shell having a top surface, a bottom surface, an aperture extending from said top surface to said bottom surface, a plurality of canals emanating away from the aperture on said top surface;

a formable layer comprising a material which will permanently harden shortly after contact with an accelerant;

a top cushion, the circumference of said top cushion connected to said shell so that said formable layer is sealed between said top cushion layer and said shell;

injecting through said aperture a sufficient amount of accelerant to permanently harden said formable layer;

inserting said insert and the wearer's foot into the wearer's shoe upon said insert and applying a downward force upon the insert; and,

maintaining a downward force upon said insert until said formable layer substantially hardens.

Claim 2 (original): The method of claim 1 wherein said insert further comprises a sponge layer positioned between said bottom shell and said formable layer.

Claim 3 (original): The method of claim 1 where said formable layer comprises a sufficient amount of polyurethane casting material and hydroxypropyl methyl-cellulose.

Claim 4 (original): The method of claim 1 where said bottom shell is comprised of a thin layer of pliable material and a sock is disposed about said insert and where the wearer's foot is inserted into said sock prior to inserting said insert into a wearer's shoe.

Claim 5 (currently amended): The method of claim 4 where said formable layer comprises a sufficient amount of polyurethane casting material and hydroxypropyl methyl-cellulose.

Claim 6 (original): The method of claim 3 wherein said insert further comprises a sponge layer positioned between said bottom shell and said formable layer.

Claim 7 (canceled).

Claim 8 (canceled).

Claim 9 (canceled).

Claim 10 (currently amended): ~~The method of claim 8 wherein said bottom shell further~~
~~comprises~~ An insert for creating a sole insert which is custom fit to the plantar aspect of a
wearer's foot comprising:

... a bottom shell comprising a top surface, a bottom surface, an arch area, an aperture
extending from said top surface to said bottom surface, a plurality of canals emanating away
from the aperture on said top surface, and where said aperture is positioned through said arch
area;

... a formable layer comprising a material which will permanently harden upon contact with
an accelerant;

... a top cushion, the circumference of said top cushion layer connected to said shell so that
said formable layer is sealed between said top cushion layer and said shell; and,

where upon injection of a sufficient amount of accelerant into the formable layer and
subsequent downward forces exerted upon said top cushion of the insert by a wearer's foot for a
sufficient period of time, said formable layer will conform to the plantar aspect of said wearer's
foot and permanently harden.

Claim 11 (canceled).

Claim 12 (original): A method for customizing a sole-insert comprising the steps of:
selecting an insert from a selection of inserts having various sizes, widths and arch heights, said insert comprising:

a bottom shell having a top surface, a bottom surface, an aperture extending from said top surface to said bottom surface, a plurality of canals emanating away from the aperture on said top surface;

a formable layer comprising a material which will permanently harden upon contact with an accelerant;

a top cushion, the circumference of said top cushion connected to said shell so that said formable layer is sealed between said top cushion layer and said shell;

means for delivering a sufficient amount of accelerant to permanently harden said formable layer;

thereafter, inserting said insert into a wearer's shoe;

thereafter, inserting the wearer's foot into the wearer's shoe upon said insert and applying a downward force upon the insert;

thereafter, maintaining a downward force upon said sole insert until said formable layer substantially hardens; and,

separating the top cushion and hardened formable layer from the bottom shell, the top cushion and hardened formable layer now collectively referred to as a customized sole insert.

Claim 13 (original): The method of claim 10 where said formable layer comprises a sufficient amount of woven polyurethane casting material and hydroxypropyl methyl-cellulose.

Claim 14 (original): The method of claim 10 wherein said insert further comprises a sponge layer positioned between said bottom shell and said formable layer.

Claim 15 (original). The method of claim 12 where said formable layer comprises a sufficient amount of woven polyurethane casting material and hydroxypropyl methyl-cellulose.

Claim 16 (canceled).